

24hr Loomis Iodine Load & or Spot Collection

Step 1 Practitioner Information

Name:

Address:

City/State/Zip:

Report Fax or Email:

Step 2 Client Information

Last Name:

First Name:

Age:

Gender:

Height:

Weight:

Step 3 Select Tests

† 24hr Urine Collection
*Spot Urine AM collection Preferred

Check box next to test(s) to be performed

24hr Iodine Load † Retest

Iodine Spot *

Bromide Added on to Load or Spot

Flouride Added on to Load or Spot

Step 4 Preparing for the Collection

Check with your health care provider prior to discontinuing any prescription(s) and Over The Counter (OTC) drugs, vitamins, minerals and herbal remedies.

- Please Do Not collect sample during menstruation
- Please eat and drink normally
- Freeze the cold pack(s) now

Note: Please begin your collection early in the week so that your specimen can be returned and submitted to the laboratory before the weekend.

Step 5 Missed a Collection?

If you miss a collection, the collection process will need to begin again.

Step 6 The Collection Period

Note: Collecting in a non-medical 3000mL collection container or not properly refrigerating or not shipping the sample in a timely manner may cause the the sample to test positive for nitrates. Please use an ice bucket for sample refrigeration.

If collecting a **spot** sample, place your first morning urine into the transfer cup labeled spot. The 24-hour **Load** collection period begins when you get up in the morning and first empty your bladder.

Discard this first morning urine. Write the date and time here _____ (when the specimen was voided and discarded).

Now take the 50mg of Iodoral.

Using the collection container, collect all urine voidings (day and night) for the next 24 hours. Exactly 24 hours after you started the test, urinate

one last time and pour the urine into the storage container. This is the end of your test. Write this date and time here _____

Please record total 24hr Urine Collection volume here found on the side of the orange collection container _____ mL

Please indicate here if your sample was less than 600 mL _____ NOTE: If you excrete more than 3000mL , check here _____

then mix urine by inverting 3+ times and pour off to 1500mL check here _____ then continue collection and remember to add additional volume.

Finally, write finished total on jug here _____ mL. First 3000mL - 1500mL + finished total _____ mL = _____ mL

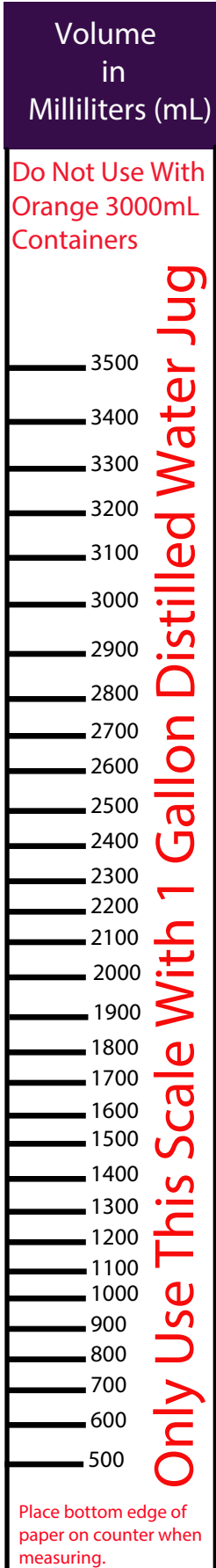
Step 7 Example

If you awaken at 7 a.m. on the day you will begin the 24-hour collection, urinate into the toilet and write the date and "7 a.m." in the "Collection Started" space. Collect all urine during the day and night for the next 24 hours, pouring each collection into the container. Set your alarm to awaken the next morning at 7 a.m. Urinate into the cup and pour the urine into the container.

Step 8 Packing the Sample

- Go to your urine kit and get the sample cup and fill out the information on the label.
- Slowly invert the total sample 3 to 4 times to properly mix the sediment of the sample.
- Fill transfer cup and secure lid tightly.
- Place sample cup in the portion of the bio-bag which you retrieved it from along with the absorbent towel and seal the bio-bag.

24hr Loomis Urinalysis Shipping Instructions



Step 1

Make sure every step is filled out.

Step 2

Fill out the date you shipped kit, here

Step 3

Remove the cold pack(s) from freezer and place them in the shipping box. Note these are not intended to freeze the sample, rather chill the sample.

Step 4

Please only ship the items we sent you and do not include anything else.

Step 5

Place this form called the requisition / instructions in the pouch portion of the Bio-bag that does not contain the sample cup and paper towel.

Step 6

Place the Bio Bag into the shipping kit with the cold pack(s) and secure lid with tape.

Step 7

Place the FedEx return shipping label on the FedEx Clinical lab pack.

Step 8

Place the shipping kit into the FedEx Clinical lab pack.

Step 9

Drop the sealed FedEx Clinical lab pack off at a FedEx location. Additional charges apply for FedEx pickups and Saturday delivery. Please note drop offs will be refused by MRL.

Step 10

MRL accepts samples delivered by other carriers that offer clinical laboratory packs.

Step 11

Note: Depending on the test your doctor has ordered, you may be asked for a blood sample when you return your 24-hour urine sample. Schedule with your practitioner seven business days from laboratory receiving sample and we look forward to retesting you in 90 to 120 days or as indicated by your practitioner.



Place and hold the scale, at left, against jug with the bottom edge of paper on counter. Circle the mark closest to top of fluid level.

This scale was created using a 1 gallon / 3785.41mL Great Value distilled water container.